
Tools to Plan Support

— Webinar #1 Jan. 11, 2022 —

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of the



Emma Eccles Jones College of Education & Human Services
Institute for Disability Research, Policy & Practice
UtahStateUniversity.

Division of Services for People with Disabilities (DSPD)

Our mission is to promote opportunities and provides supports for people with disabilities to lead self-determined lives by overseeing home and community-based services for more than 6,000 people who have disabilities in Utah.

- We serve children and adults who have intellectual disabilities, physical disabilities, brain injuries, and related conditions such as autism.
- Support includes community living, day services, supported employment services, and many more.

Institute for Disability Research, Policy & Practice

Utah's University Center for Excellence in Developmental Disabilities, Utah State University (Logan)

- Service Division (Stride Services; Aggies Elevated; UATP)
- Technical Assistance Division (TAESE; WebAIM)
- Research and Training Division (Employment; Mental Health; EDI)



Why a Webinar Series for Those on the Waitlist?

- Limited funding to bring individuals into services every year
- Funding goes to those identified with most critical needs, then short-term, limited respite and supported employment services while people wait
- Want to connect waitlist families to resources and support OUTSIDE DSPD that can be accessed while waiting
- Provide information and practice on Person-Centered Planning, as it is a core element for those receiving DSPD services

Family to Family Network

- Statewide Network of volunteers to support families of people with disabilities, including those on the waitlist or in DSPD services.
- Network leaders are parents themselves
- Project of Utah Parent Center
- Provide workshops and events designed to meet the needs of the local Network



Why Focus on Person-Centered Planning (PCP)?

- Integral part of DSPD services
- Focused on the needs and wants of the person
- Allows control over their own life by directing the process to the extent they can
- Shown to have positive outcomes, such as:
 - Increased participation in the community
 - Expanding opportunities for the person to have choices
 - Better quality of life in the future

Person-Centered Planning Tools for Support

- One-Page Profile
- Charting the LifeCourse tools
 - Life Trajectory
 - Life Domain Vision Tool
 - Integrated Supports Star
 - Tool for Supported Decision-Making
- Relationship Map
- Good Day/Bad Day

Webinar Series Format

- Webinar to provide information
- 2 weeks later - Drop-in Session to get questions answered, 1:1 support, etc.
- 4 Total Webinars
- 4 Drop-in Sessions
- Option to continue after 4 planned sessions
- Upcoming Drop-In: January 25th, 10:00-11:00 AM
- Future Webinar Dates
 - February 8 with a drop-in February 22
 - March 8 with a drop-in March 22
 - April 12 with a drop-in on April 26

Person-Centered Planning Tool

One-Page Profile



One-Page Profile

- Templates can be found online
- Can use written words, pictures, icons, symbols
- Can be used multiple ways
 - Create one for medical
 - Create one for school
 - Create one to introduce person to others
 - Create a general one and use in all settings

The image shows a template for a one-page profile. It consists of four main sections, each with a teal header and a light green rounded rectangular body:

- My One-Page Profile:** This section contains two text fields: "Your Name Here" and "Age and Occupation". To the right of these fields is a dashed rectangular box, likely intended for a profile picture.
- What people appreciate about me:** This section is a large empty rounded rectangular box for writing.
- What is important to me:** This section is a large empty rounded rectangular box for writing.
- How to support me:** This section is a large empty rounded rectangular box for writing.

Examples of One-Page Profiles

- Nothing fancy, just bullets lists in sections
- Shared with caregivers to avoid some behavior patterns
- Explains how and when to initiate contact with Mark
- Provides a lot of information in a short but detailed document

Mark's one page profile

support that changes with you

Like and admire

- His helpfulness.
- His sense of humour.
- The way he greets and says goodbye.
- That he knows what he wants.
- His generosity.
- How he blames the cat for everything!

What is important to Mark?

- He loves the bus ride to and from the Day Centre on Tuesdays.
- He loves riding on all forms of public transport.
- He spends a lot of his time indoors, even in good weather, so holidays are a good chance to get away from the house.
- He loves being around people and can be very sociable. However, this has to be on his terms.
- He loves his cat and enjoys feeding her in the mornings with support. He calls her "Puss".
- He likes to be asked to come to the table first and given food drinks before anyone else.
- He loves paper, leaflets and plastic bags and really likes to have his pockets full with paper and leaflets. He then likes to sit in his room and tear them into small pieces and keeps it all in plastic bags in there.
- He can pick out the photos of staff and put them on the photo rota board. He loves to show visitors to the house who is on sleep-in that night.

How to support Mark

- He understands basic verbal communication and can use some Makaton.
- If he sits quietly in his room, it means he either wants his own space or he is angry. So, do not interact with him unless he initiates it. Respect his space and privacy when he is in his bedroom and knock before you enter.
- If he hurts/cuts himself, he will not seek help but will go and sit in his bedroom. He does not like 'being checked on' – so creativity is required to periodically monitor him.
- If he wants interaction with staff, he will initiate it - you can have a good laugh with him at these times. He really loves one-to-one time with staff in the mornings before everyone else gets up.
- He enjoys helping cooking and baking when he is in a mood. You can ask him to help and he usually will - he will get things out, stir anything on the hob or just watch.
- He will blame the cat for any mess or bodily noses he makes. This relieves any tension he may be experiencing and should be encouraged.
- He gets very upset if he has to wait for anything so he is always served food and drinks first and will sit by the window whilst eating. He also needs lots of reassurance and support when out and waiting in shops or any queues.
- He needs to have the bags of ripped paper removed from his room periodically as this can be a health and fire risk. These bags are also checked for clothing as he sometimes places them in the bag. Leave some of the bags in the room for him.

Examples Continued

- Important To and Important For led the discussion
- Karen had low self-esteem. The document reminded her of her strengths.
- Clear instructions on how to best support Karen made it easier for caregivers to give her what she needed to be happy and successful



What's important to me?

- Companionship, I do not like being alone.
- Family, especially my nephews.
- Friends
- Going to college
- Jigsaws and puzzles
- Having my hair done.
- Going to the British Legion
- Meeting up with friends at the disco.
- Keeping the same staff who know me well.
- Being spoken to with respect.
- The soaps on TV such as Emmerdale, Coronation Street and Eastenders.

How best to support me.

- I am really capable of keeping my house tidy but I need my staff to motivate, encourage support me to do it. Remind me that I can do it well when I try. I want you to do my chores with me.
- Follow my strategies regarding how to support me if I do not want to do my chores it and refuse.
- I need support to have a bath and wash my hair, regularly at least twice a week. I only want females to help me with this.
- Please help me to change my clothing each day, this helps me feel better about myself and helps my confidence.
- I need to be reminded to use my new washing basket for my dirty clothes.
- Please remind me to do my washing and drying as well.
- Once I have finished the jigsaws remind me to take them along to the charity shop.
- Each Tuesday I want you to help me plan my shopping list and meals for the week in line with what money I have available for food shopping, this includes toiletries.
- Prepare my evening meals, so I do not waste food I have bought, but I also need support around the dates on food and when it is safe to eat and when it needs throwing out. Read the attached support

Examples Continued

- Uses it mostly for work, to share with those she is working with or who meet with her
- It makes communication much smoother with fewer misunderstandings
- Helps her feel in control and listened to

What is good about me?

Being a self advocate	I never give up	Stand up for what is right
Friendly	See people first	Kind
Happy	Determined	I always try to help people

What is important to me?

- Not being controlled by other people
- Speaking up for people, and myself, and being listened to.
- Having a job, and running Together All Are Able
- Being on Facebook every day, posting, playing games and connecting with people I use either my iPad or computer to do this.
- Having a routine I am in control of
- Being trusted to do a good job
- Seeing my friends Vicky Buckingham on a Wednesday night for Athletics, and I see Paul Eastwood and Lynn Eastwood on a Friday and Saturday with Vicky Forfar. I sometimes see other friends but this is not very often. I talk to David Bird and Vicky Forfar every week
- Going on holiday with my mum and dad, on their narrow boat in the Summer and at Easter
- Going out and about at the weekend, with friends for example, to Southport to go to the shops
- Listening to 80's and 90's music on CD player or radio, most days
- Playing games on Nintendo DSI, for example, Jewel Quest, most weeks
- Watching Holby City and Casualty on TV, and films like Johnny English, depending on how I am feeling

How to support me

- Please be on time if we have a meeting, or let me know if you are running late, otherwise I may worry
- Never shout or raise your voice, or interrupt
- If I am not sure of myself, if I seem worried about something reassure me. I sometimes feel anxious or worried about new things.
- Listen to me and understand I have Autism, if you are unsure about what I mean, please ask
- Sometimes give me some space this will help me to focus.

Examples Continued

	<p>If I were to ask a friend they would say this about me</p> <p>I am hard working, organised and motivated, and this helps me do well in my work. Outside of the curriculum, I am sporty, getting involved in many after school clubs, and reliable. I am also confident in my abilities.</p>
<p>Name Alan Manford</p> <p>Form</p>	

<p>What's important to me</p> <ul style="list-style-type: none"> • If I set out to do something, I will look at doing everything possible to achieve it • The more exercise I do the better, so I try to do at least 2 sports clubs after school (e.g. harriers, hockey) • I always want good grades, so I will revise hard and work hard for all tests and homeworks • I like having fun in the day, and look to have a good time in my lessons • I try to get involved in as many extra-curricular activities as possible, such as music and sport (e.g. I play piano and am doing Young Enterprise this year)

<p>I may need support with</p> <ul style="list-style-type: none"> • I work best when challenged, so don't just let me get by doing nothing, and push me to do more • Give me as many opportunities to do sport as possible, since I feel better and achieve more afterwards • Always try to question what I say, so I can find better ways of doing things, and know for the future that this is the best way to do it



WHAT PEOPLE LIKE AND ADMIRE ABOUT ME...

- Always happy
- Warm and gentle
- Complimentary and observant
- Stylish
- Appreciative
- Caring and thoughtful
- Helpful

WHAT'S IMPORTANT TO ME...?

Seeing my brother Dennis and his family most weekends. I love it when they visit me at my flat and we enjoy a chat and sometimes a meal.

Being part of the at Bradbury Court. I have lived here for over 10 years and know all my neighbours and the staff and consider them my friends and family.

Spending time with my great friend Alan. We eat together most days.

Chatting daily with Lisa and Michelle who also live at Bradbury Court.

Watching my soaps on my 50" screen TV (not Eastenders). I don't like it when they are cancelled for the football!!!!

I love shopping for clothes, especially when I am complemented on my outfits. I shop at least once a month and love a bargain.

Baking and cooking, especially with Tony in the eveninas.

HOW BEST TO SUPPORT ME...?

I am very chatty, especially first thing in the morning when I wake up. Let me know if you need me to be quiet while you concentrate on a task and I'll wait until you finish what you are doing. I may need reminding again.

When I am half way through my cup of tea, I like it to be topped up with hot water. I detest luke warm drinks.

I must to know what I am doing or if arrangements have changed, such as if my day centre outing has been cancelled due to an appointment. Don't spring it on me at the last minute or I will feel quietly disappointed. Know that I am very easy going and will never complain, especially if I don't know you well. Don't ask me how I am, ask me more specific questions such as, "is your back hurting today?"

Remind me not to forget to buy my TV magazine when I go for my weekly grocery shop on either Tuesdays or Thursdays.

Involve me in all household tasks. It might take me a while, but I love to be involved, especially

Check In and Challenge

- What benefits do you see in having a one-page profile?
- What concerns do you have about creating one?
- How could you use a one-page profile?

Challenge: Complete a one-page profile with your loved one

Questions?



Coming Up ...

Drop in Session - January 25, 2022 from 10-11 a.m. via ZOOM

Next Webinar - February 8 with a drop-in February 22

For questions on One-Page Profiles:

Contact Lisa Wade (801) 272-1051 lisa@utahparentcenter.org or

Aubrey Snyder aubrey.snyder@usu.edu

DSPD Intake Information

Explanation of the DSPD intake process and link to apply online available at: <https://dspd.utah.gov/intake-process/>

or call 1-844-275-3773 and choose the "Apply for Services" option to speak with an intake worker

*Spanish speaking intake workers are available